BETTER LIVING WITHOUT SUGAR

COULD IT BE MAKING YOU EMOTIONALLY SICK? PAGE 21

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Overhaul. Gov. Andrew Cuomo introduced a multibillion-dollar plan to revamp LaGuardia Airport and is committed to covering the MTA's funding gap. PAGE 02

Vice President Joe Biden has famously compared LaGuardia Airport to a third-world facility. / MILES DIXON, METRO

NYC hater hacks New York mag's website

PAGE 04

You won't believe this new beauty trend

PAGE 15

Coples will again be Mr. Versatility for Jets

PAGE 24

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1 NEWS

Top 3

The best of Metro.us

1 "'True Detective' recap: Bezzerides has a really, really bad night'

2 'On "Pixels" bombing and the tragedy of Adam Sandler'

3 'Inside Urban Mudder, Tough Mudder's NYC counterpart'

On the go

Love getting your news fix with Metro? We know you do. Get more of the news, columns, reviews and games you love with Metro's digital newsletter. Sign up today at Metro.us/newsletters.

Cuomo pledges to fund MTA gap; upgrade LGA

Promises. The governor commits to funding gap publicly for the first time, though he didn't say where the money will come from.

The state will give money to fund the MTA, Gov. Andrew Cuomo announced yesterday. / MILES DIXON, METRO

Before outlining a plan to send LaGuardia Airport soaring into the 21st century, Gov. Andrew Cuomo committed to funding the MTA's multibillion-dollar funding gap publicly for the first time.

MTA

"The connective tissue for the Metro area is all the MTA … the MTA in my opinion was underfunded for a long period of time," Cuomo said.

"I believe in the MTA capital plan … the state will fund the $8.3 billion. We'll put it in the budget next year," Cuomo said.

How to fund the MTA's $14.8 billion gap in the Capital Program — reduced last week to about $12.4 billion thanks to some cost-saving measures — has been a question since the MTA board voted to pass the program last fall, and the legislative session ended this summer without a plan to fund the gaping hole.

Transportation advocacy groups staged a premature funeral for high-tech subway cars and published a book of "Subway Horror Stories" in hopes of Albany coming through to fill the deficit.

Last week, Deputy Mayor Anthony Shorris sent a letter to MTA CEO and Chairman Tom Prendergast reiterating that the city is "ready and willing to work with the state to develop sound, long-term solutions." Prendergast, in turn, sent a letter to Cuomo asking the state to contribute more.

Cuomo touted "design/build," a strategy that allows contractors to submit a single bid for design and construction projects, for shaving about $4 billion from the MTA budget.

LaGuardia

In transportation news that extends beyond New York City straphangers, Cuomo and Vice President Joe Biden teamed up Monday to announce a $4 billion overhaul of LaGuardia Airport at the Association for a Better New York lunch.

"LaGuardia is un-New York," Cuomo said. "LaGuardia is slow, dated, it is a terrible front-door entranceway to New York … almost universally decried as a poor representation of an airport." Cuomo said the airport will be revamped to include unified terminals, new flight operating space and hotels.

"LaGuardia is an airport with a first-class workforce and they deserve a first-class facility to serve the customers who count on them," said Biden, who last year famously said it seemed LaGuardia belonged in a "third-world country."

The project will start in 2016, and is expected to create 8,000 new jobs.

Construction on LaGuardia Airport is expected to begin next year.

Quoted

"LaGuardia is un-New York. LaGuardia is slow, dated, it is a terrible front-door entranceway to New York ... almost universally decried as a poor representation of an airport." Cuomo

By the numbers

$14.8B
MTA's funding gap

$4B
Announced amount of funding for LaGuardia Airport overhaul

8K
number of jobs created for project

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Long Island. Tree falls through bedroom, pins woman

A 20-year-old woman was pinned under a two-and-a-half-ton tree in her Wooleys Lane East home in Great Neck, Long Island. NBC New York had footage of both the exterior and interior of the house. / NBC NEWS

A 20-year-old woman was in serious but stable condition after getting pinned under a two-and-a-half ton tree for two hours early Monday when it fell through her bedroom in Long Island.

Stephanie Epstein was sleeping when the tree fell and was trapped by the tree and debris. Emergency responders showed up to the home on Wooleys Lane East in Great Neck at 12:04 a.m. and used hydraulic lifts to hoist the tree and free her.

Epstein was taken to North Shore Medical for traumatic injuries and was listed in serious but stable condition.

Fire officials were unsure what caused the tree to fall but know it was not weather related.

MEGAN FU

HEPATITIS C: **A FORGOTTEN DISEASE. A GLOBAL EPIDEMIC.**

Here's something that you may not know. Hepatitis C (Hep C) is a serious disease that affects up to 150 million people worldwide—and 3.5 million in the U.S. But because the disease is slow moving, and symptoms may not appear for years or even decades, chronic Hep C is often pushed to the back of the mind, or forgotten.

There's something that shouldn't be forgotten—if left untreated, Hep C can lead to liver damage and potentially liver cancer.

HEPATITIS C: **THE FORGOTTEN FACTS**

DID YOU KNOW, IN THE U.S.:

#1 **Hep C is the number one cause of liver cancer and liver transplants**

x5 **Baby Boomers (people born between 1945-1965) are 5 times more likely to have chronic Hep C than other adults**

75% **Up to 75% of people with Hep C are unaware that their livers are slowly being damaged**

HEPATITIS C: **IT CAN BE CURED**

The good news is that Hep C hasn't been forgotten—Hep C can be cured. In fact, there's never been a better time to rethink Hep C because in the last few years, scientific advances have made treatment shorter and more effective than previously. Cure means the virus is not detected in the blood when measured 3 months after treatment is completed.

If you or someone you know want to learn more about Hep C, get the facts and talk to a Hep C specialist.

World Hepatitis Day: It's time to rethink Hep C.

Call a Hep C Educator at **844-4HepcHope** who can answer your questions and help prepare you for a conversation with your Hep C specialist. Register for more information at HepcHope.com.

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Hacker hates New York City, crashes New York magazine

Attack. A hacker by the name of ThreatKing crashed site early Monday.

What do you do if you hate New York? Hack New York magazine's website, apparently.

NYmag.com crashed early Monday morning. The company had published an article compiling the stories of 35 of the 46 women who accused Bill Cosby of rape or sexual assault Sunday night. The website malfunction, however, was not an attack on the story, but on New York in general, hacker ThreatKing told The Daily Dot.

The magazine did not confirm the hack but said it was a technical glitch.

The Daily Dot spoke with a New York magazine employee who said that "they assumed the site was on the receiving end of a DDoS attack." The hacker told the blog that his attack was against the people of New York and that he had "not even seen the cover."

ThreatKing's New York hatred stemmed from a bad trip.

"I went to new York 2 months ago. It was really bad," ThreatKing said in a Skype instant message conversation with the Daily Dot. "Someone pranked me. Everyone started laughing and s–. The first 10 hours being there. Some African-American tried to prank me with a fake hand gun."

He continued to say that he wanted to "see people die at [sic] New York" and after seeing pranks go wrong in the city it "got [him] pissed."

ThreatKing, under the Twitter handle of the hacking group Vikingdom2016, claimed responsibility and gloated about the attack.

The magazine's website was back up at 11:38 a.m.

The hacker planned to target more websites with "New York" in their title and shared a Twitter list of a few potential targets. The list included The New York Times, New York Daily News, New York Post, New York University and even us, Metro New York.

The location of the group and ThreatKing are unknown. In one tweet he taunted individuals to "come and find him" and his location on Twitter is set to "anime world." As of Monday afternoon, the Twitter account was suspended.

YALDA MOSTAJERAN
@MetroNewYork
letters@metro.us

The New York magazine cover / NEW YORK MAGAZINE

The hacking suspect rejoices on Twitter. / TWITTER

Quoted

"I went to New York 2 months ago. It was really bad. Someone pranked me. Everyone started laughing and s–. The first 10 hours being there. Some African-American tried to prank me with a fake hand gun."

ThreatKing on his motivation

Is Metro next?

These are some of the establishments ThreatKing said he intended to hack next.

- Metro New York
- New York Post
- New York Daily News
- New York Times
- NBC New York
- CBS New York
- New York University
- City of New York
- Time Out New York
- HuffPost New York
- New York Yankees
- Chalkbeat New York
- Capital New York
- New York City FC
- New York Rangers
- NBA New York Knicks
- New York City 311
- Wall Street Journal Greater New York
- Crain's New York

Kickstarter. Project to document AIDS reporting of Jeffrey Schmalz

A Kickstarter campaign by two Columbia University journalism professors is aiming to preserve the memory of an important voice in LGBT history, the late New York Times journalist Jeffrey Schmalz.

Schmalz, who died 22 years ago of AIDS, was perhaps the most important chronicler of the disease back then, a dozen years into the epidemic, when it had fallen off the front pages, when there were no modern drug cocktails to fight it, and when it was still a death sentence.

His final piece, a Times magazine cover story, was headlined, "Whatever happened to AIDS?" It was published in Nov. 28, 1993. Schmalz had died Nov. 6.

They were his dying words.

"I have come to the realization that I will almost certainly die of AIDS," wrote Schmalz, 39, at the time. "I have lived longer than the median survival time by 10 months. The treatments simply are not there. They are not even in the pipeline. A miracle is possible, of course. And for a long time, I thought one would happen. But let's face it, a miracle isn't going to happen."

Columbia's Kerry Donahue, who directs the school's radio program, and Samuel G. Friedman, a Times journalist who considers Schmalz a mentor, needed $20,000 for their plans to produce an audio documentary and companion book to be released by year's end.

The Kickstarter expires in three days and already they're up to more than $26,000.

"Kickstarter is a real empirical test of people's commitment to a project at one level," Friedman said."I'm very heartened by the fact that people, both straight and LGBT, who lived through the horrific first wave of the AIDS crisis, want that history to be preserved."

"And at another level, it's confirming to have young people, who've grown up in a far more tolerant era, show such interest in the experience of someone like Jeff Schmalz who faced such obstacles even in coming out."

Friedman and Donahue hope to time their release of the project, called " Dying Words: The AIDS Reporting of Jeff Schmalz," by World AIDS Day, Dec. 1.

JOHN A. OSWALD

Schmalz / FRED CONRAD / THE NEW YORK TIMES

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MOST NEW YORK

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Bronx single father left son to fight ISIS

Going rogue. Robert Rose, father of an 8-year-old boy, joined a Kurdish militia in Syria.

A single dad from the Bronx left his son and is now in Syria fighting Islamic State (ISIS).

Robert Rose, a 25-year-old South Bronx native, began his second tour with the Kurdish militia about a month ago, reported NBC News.

Days before leaving for Syria, Rose brought his 8-year-old son, Jonathan, to Yankee Stadium to tell him the news. Rose explained that he had to leave and that Jonathan's grandparents would take care of him.

Rose asked his son, "You know what a terrorist is like? He's like, 'no,'" Rose said. "I just tell him I'm going to fight bad people and help innocent people. He understands that much," reported NBC News.

Rose now resides in Hasakah, Syria, and hears bombing, airstrikes and shootings daily.

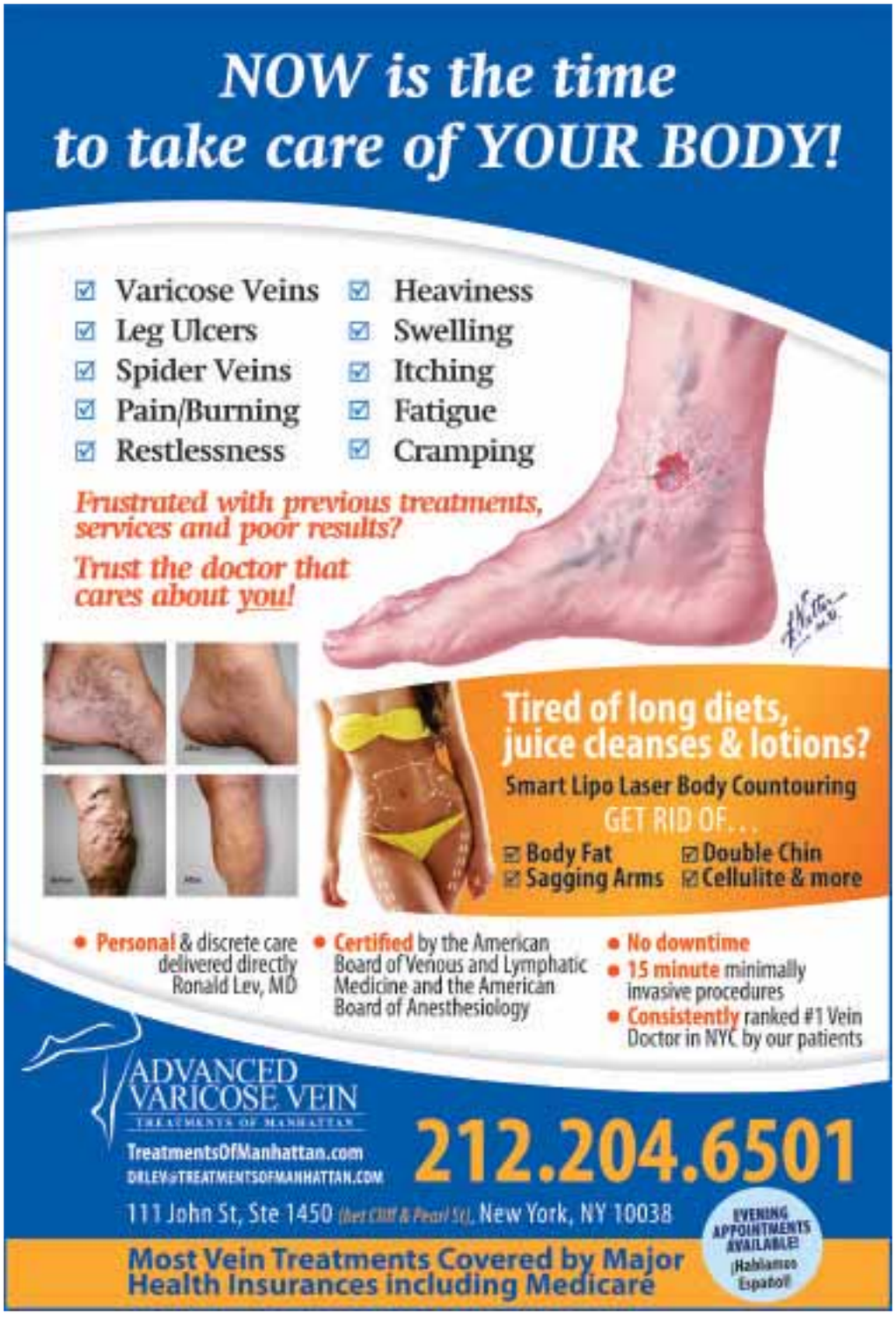
Rose joined "Lions of Rojava" in Hasakah, Syria. He's not the only American. Social media has attracted about 400 foreigners to this particular unit. The militia's goal is to push back ISIS forces from captured territory.

Rose said he felt that joining the military would be too challenging as a single dad. He views the Kurdish militia as his only option to serve his country.

"I'm eager to fight," Rose said. "I feel like I'm out here not just fighting for the Kurds but I'm fighting for my country as well … before they attack us."

HADLEY BOLTRES
@MetroNewYork
letters@metro.us

Robert Rose / TWITTER, NBC NEWS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Investigation. Sketch released of suspect behind hate attack

Do you recognize this man? / NYPD

The public can now get a glimpse of a man suspected in a violent anti-Muslim attack in Chinatown earlier this month.

Police on Monday released a sketch of the man they believe targeted and injured a Pakistani woman.

Amina Razvi, 19, was attacked on Elridge Street on July 11, police said. She suffered a broken jaw from the incident.

Razvi and her younger brother got off a bus on East Broadway after 10 p.m., authorities reported.

The assailant, described as a 5-foot-10 man, allegedly yelled at Razvi and her brother, accusing them of speaking about him in Urdu, according to authorities.

He punched Razvi in the face while screaming anti-Muslim insults and spitting at her.

The man was last seen wearing dark clothing and a dark baseball cap.

The police were investigating the case as a hate crime.

Police urged individuals with information about the suspect's whereabouts to call Crime Stoppers at 800-577-TIPS.

YALDA MOSTAJERAN

Staten Island

Driver charged in fatal crash

Police have arrested a Staten Island man they say fled a traffic crash that left a 19-year-old woman dead and another teen in critical condition.

Alize Jorge, 19, was found unconscious and unresponsive in the backseat of a Mitsubishi sedan at 10:45 p.m. on Sunday night. She was later pronounced dead.

An 18-year-old, found unconscious on the pavement near the crash, was taken to the same hospital in critical condition.

Hasim Smith, 22, was arrested on charges of leaving the scene of an accident resulting in death. METRO

Bobby Brown is 'completely numb' after death of his daughter

Bobby Brown and Bobbi Kristina / GETTY IMAGES

Coma and life support. Bobbi Kristina spent her last months in two Atlanta hospitals, a medical rehab facility and a hospice.

Bobby Brown is "completely numb" following the death of his daughter with Whitney Houston, Bobbi Kristina, according to a statement released to the public.

"Krissy was and is an angel. I am completely numb at this time," Brown wrote. "My family must find a way to live with her in spirit and honor her memory. Our loss is unimaginable. We thank everyone for the prayers for Krissy and our family as we mourn my baby girl."

Bobbi Kristina was found unconscious in a bathtub six months ago and had been in a coma until her death on Sunday.

"Yesterday Bobbi Kristina Brown took her place in heaven," Brown's lawyer wrote in his own statement. "Krissy fought to get well for months, however she has [succumbed] to her injuries."

Bobbi Kristina was the only child of singers Whitney Houston and Bobby Brown. She was just 22 years old when she passed. **MATT LEE**

Whitney Houston, Bobby Brown and their daughter Bobbi Kristina in August 07, 2004. / GETTY IMAGES

New policy

Boy Scouts lifts blanket ban on gay adult leaders

The Boy Scouts of America on Monday ended the group's outright ban on openly gay adult leaders and employees, rolling back a policy that has deeply divided the membership of the 105-year-old Texas-based organization.

The new policy, which takes effect immediately, comes three years after the organization removed its prohibition on gay youth but will still allow local Boy Scout units chartered by religious organizations to make their own choices regarding gay adult leaders.

The Boy Scouts said the latest resolution, unanimously adopted by the organization's executive committee on July 13, gained final approval by the National Executive Board, with 79 percent of board members present voting to support it.

The executive committee had urged an end to the ban because of "sea change in the law with respect to gay rights."

The decision follows the landmark ruling in late June by the U.S. Supreme Court legalizing same-sex marriages nationwide. In May, the Boy Scouts' president, former U.S. Defense Secretary Robert Gates, called the blanket ban on gay Scout leaders "unsustainable" and said it needed to change. **REUTERS**

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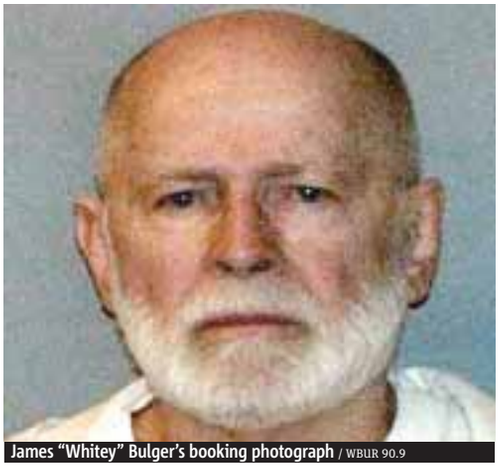
Bulger takes aim at appeals, says he was not allowed to testify

In court. Whitey's lawyers asked a federal appeals court Monday to grant him a new trial.


James "Whitey" Bulger's booking photograph / WBUR 90.9

What would Whitey have said if he took the stand during his trial?

The next chapter in the saga of Boston's infamous maniacal, manipulative mobster James J. "Whitey" Bulger is underway in federal appeals court, where the defense and prosecution kicked the question of whether or not the 85-year-old Southie outlaw received a fair trial after he was given two life sentences for 11 murders among other convictions in 2013.

Bulger called his trial "a sham" because he was not able to take the stand to address whether or not he was granted immunity from the late federal prosecutor Jeremiah O'Sullivan, who is rumored to have turned a blind eye toward Bulger in order to take down La Cosa Nostra in the North End.

Bulger's defense team said that they had tried to get him on the stand to testify about his relationship with law enforcement but were stonewalled each time.

"We have a client who was willing to take the stand, willing to implicate himself, and for some reason the government didn't want him to," Defense Attorney Hank Brennan said, adding that Bulger wasn't allowed to testify because the cross-examination would have gone on for days.

Prosecutors said that Bulger had the chance to testify but decided to sit it out and now is claiming victimhood of legal error.

"There was a lot of corruption exposed in this trial, but he got a fair trial," Assistant U.S. Attorney Brian Kelley said. "He was given every opportunity to speak, and he didn't."

Decisions on whether this appeal will move forward are on the horizon, and much more will come of this story as it unfolds.

NATE HOMAN, METRO

Quoted

"The only thing I want to hear from him or anything to do with him is the closing of his casket. That's it."

Steven Davis, surviving brother of Bulger victim Debra Davis

Bulger in brief

- Bulger terrorized Boston for decades, shooting and strangling real and perceived enemies, before fleeing in 1994 after a tip from a corrupt FBI agent that authorities were preparing to arrest him.
- He spent 16 years on the run, many atop the bureau's "Most Wanted" list, before being captured in Southern California in 2011.
- He was convicted in 2013 of participating in 11 murders, drug trafficking, racketeering, money laundering, extortion and other crimes.
- Bulger was sentenced to two life terms in prison, plus five years. He is currently in federal custody at a high-security penitentiary in Sumterville, Florida, according to prison records.

SCOTT MALONE

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Boston's Olympic dreams come to an end. PHOTO ILLUSTRATION BILLY BECERRA, METRO

No go for Boston's 2024 Olympic bid

Called off. The U.S. Olympic Committee killed Boston's Olympic bid Monday.

After Boston's two years of debate and controversy, Olympic organizers are ditching the effort to bring the Games to the Bay State.

The decision came Monday after conversations via conference call that included the U.S. Olympic Committee, Gov. Charlie Baker and Boston 2024, the group that had been charged with promoting and planning the event in the city.

The decision to end the bid was mutual, the USOC and Boston 2024 said in a joint statement yesterday.

It was the lack of support from the public in Massachusetts for the games that brought about the bid's demise, according to USOC CEO Scott Blackmun.

Blackmun stood by the big promises that came with the games, among them inspiring a push for transportation improvements and new affordable housing.

"We know that the Boston Games would have been good for Boston," Blackmun said.

Continuing now would have been too steep a challenge for organizers, Boston 2024 Chairman Steve Pagliuca said in the statement.

"The extensive efforts required in Boston at this stage of the bid process would detract from the U.S.'s ability to compete" with other cities worldwide that are in the running to host the event.

Olympic organizers wanted commitments sooner than officials were willing to give them, Baker said Monday.

Still pending is a much-anticipated report from consultants The Brattle Group on the cost and impact of the Olympic bid, which was expected in late July or early August.

"That time frame, for whatever reason, didn't work for others," Baker said. "We pretty much announced it in March and stuck to it all the way through."

SPENCER BUELL, METRO

'We're better off'

No Boston Olympics, which has been organizing a grassroots campaign in opposition to the bid, said in a statement Boston is "better off" without bringing the Olympics here.

- "Boston is a world-class city. We are a city with an important past and bright future. We got that way by thinking big, but also thinking smart.
- "We need to move forward as a city, and [Monday's] decision allows us to do that on our own terms, not the terms of the USOC or the IOC. We're better off for having passed on Boston 2024."

Free fertility tests for Philly school teachers

Twin boys who were born after an IVF procedure
COURTESY OF SABURAH FLATEMAN POSNER

On the school house. In August, local fertility specialists will offer free blood tests to gauge fertility for teachers.

A Philadelphia reproductive health clinic has offered free fertility tests to teachers as a back-to-school special.

The doctors at RMA at Jefferson are offering the discount for the month of August as a way of raising awareness about fertility issues, and supporting teachers.

"When you think of going from August to September," said Dr. Jackie Gutmann, "This is the time when back-to-school ads are on TV. It made us think of teachers and a time when we reorient in that direction."

The offer underscores huge coverage gaps for reproductive health and fertility treatments in insurance plans.

Neither Pennsylvania nor federal law requires health insurance plans to cover fertility issues, said Sean Tipton, a spokesman for the American Society for Reproductive Medicine. That spurs more marketing among fertility docs.

Saburah Flateman Posner, the dean of students at Springside Chestnut Hill Academy, said she would have jumped at the free testing "in a heartbeat." She's now the mom of twins, born in 2013 after in vitro fertilization at RMA.

The whole process cost about $3,000 to $5,000. Without the insurance coverage offered by her and her wife's jobs, it could have run as high as $30,000.

The test on offer is the Anti-Mullerian Hormone exam, which helps researchers determine the number of eggs a woman has left and their quality.

While nearly all teachers have health insurance, not all insurance plans cover fertility issues. This offer allows teachers to get an evaluation without that diagnosis.

While men are a quite visible part of the teaching profession, the clinic — which is focused on women's health — is not offering semen analysis or other male fertility exams.

DAN KELLEY, METRO

Quoted

"You see a lot more direct to consumer advertising among fertility specialists because it's patients paying their own bills. You don't see emergency rooms advertising the price for a broken femur."

Sean Tipton

Georgia authorities

La. shooting suspect never involuntarily committed

The man who police say killed two women at a Louisiana movie theater was able to legally buy a gun because there was never an order to have him hospitalized for psychiatric care against his will, Georgia state authorities said.

Suspect John Houser, who killed himself after the rampage in Lafayette, Louisiana, purchased the weapon he used in the attack from an Alabama pawnshop in 2014.

Houser made the purchase even though there was a 2008 court order in Georgia that sent him to a mental health facility due to his "volatile mental state."

But that hospital visit did not result in an involuntary order, according to the Georgia Bureau of Investigation, which is charged with registering the orders and passing them along to the FBI for background checks on gun purchases.

"We did not receive an involuntary commitment order on John Houser, because there was no order," Sherry Lang, deputy director of public affairs for the Georgia Bureau of Investigation, told Reuters.

Federal law prohibits the purchase of guns by anyone who has been involuntarily committed to a mental health facility, but they do not ban gun purchases by someone who has volunteered for treatment or successfully argued against commitment. REUTERS

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Five things you need to know

1 Facebook to scale up free mobile Internet service to boost usage

Facebook plans to scale up its service to offer free basic Internet on mobile phones, an executive said, after introducing the application in 17 developing countries over the past year.

In a blog post released to mark the first year of the initiative, Facebook said it will open a portal allowing any mobile operator to offer the service under its Internet.org platform. Facebook currently partners with specific operators to launch the service in different countries.

Internet.org has brought over 9 million people online over the past year, Chris Daniels, vice president of product for Internet.org, told Reuters on Monday. Facebook developed the platform with six technology partners to bring an estimated 4.5 billion unconnected people online, mainly in Latin America, Asia and Africa.

It offers pared-down web services for free to users along with access to Facebook's own social network and messaging services.

Facebook's blog post said that over the past year, the service had brought new users onto mobile networks on average over 50 percent faster and that more than half the people using Internet.org are paying for data to access the wider Internet within 30 days. **REUTERS**

2 Body found in suitcase in Washington state for second time

Police in the city of SeaTac, Washington, said on Monday they had responded to reports of a body found in a suitcase, the second time in six weeks a corpse has been found stuffed into luggage in the area.

The body was discovered at an apartment complex in SeaTac, home to Seattle-Tacoma International Airport, by a worker at about 8:30 a.m., King County Sheriff's Office spokesman Stan Seo said on Twitter.

In June, police asked for the public's help in solving the mystery behind a woman's body found in a suitcase and left near a river outside of Seattle. **REUTERS**

3 Goldman Sachs must pay $1.8 million

A Goldman Sachs unit must pay $1.8 million for not reporting "substantial" details about its alternative trading system orders to a system that tracks that information and also for other lapses, Wall Street's industry-funded watchdog said.

Goldman Sachs' clearing and execution unit failed to send "a substantial number" of details about orders to a Financial Industry Regulatory Authority auditing system during a seven-year period, the regulator said. **REUTERS**

4 Teva to buy Allergan generics for $40.5 billion

Israel's Teva Pharmaceutical Industries will pay $40.5 billion in cash and stock for Allergan's generic drugs business, solidifying Teva's position as the world's No. 1 maker of generics while freeing Allergan to focus on branded drugs, paying down debt and potential "transformational" acquisitions.

The deal, the largest in Israel's corporate history, allows Teva stronger economies of scale, crucial in the low-margin generic drugs business. Teva, which dropped its hostile pursuit of Mylan, will likely have to sell off some drugs to allay antitrust concerns. **REUTERS**

5 Marines to decide soon on F-35 fighter combat-readiness

The top U.S. Marine Corps aviator said an initial squadron of 10 Lockheed Martin F-35 fighter jets met all the requirements for a declaration of combat-readiness during a recent review, and a decision from Marine Corps Commandant Gen. Joseph Dunford is expected soon.

Lt. Gen. Jon Davis said Dunford is reviewing all the paperwork supporting the decision. "I think it's soon. I'm not going to rush Gen. Dunford. He's a busy guy," Davis told a telephone news conference. **REUTERS**

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Defects. Fiat Chrysler could spend billions to buy back trucks

Fiat Chrysler Automobiles could pay billions of dollars to buy back defective trucks as part of a settlement with U.S. safety regulators, but has the option to recover costs by reselling vehicles once they are repaired.

The auto safety watchdog slapped the Italian-American automaker with a $105 million fine — the largest ever levied by U.S. regulators against a carmaker — over lapses in safety recalls involving millions of vehicles.

FCA said on Monday that about 193,000 Ram trucks previously recalled for suspension and steering problems had not been repaired and were therefore eligible for the buyback deal negotiated with the National Highway Traffic Safety Administration.

That could put FCA on the hook for nearly $3 billion, if the average buyback price is $15,000 per vehicle. But the net cost could be much lower. A company representative noted on Monday that the NHTSA agreement gives FCA the option of repairing and reselling any vehicles it repurchases from owners. **REUTERS**

RAM TRUCKS GETTY IMAGES

Colorado massacre trial jurors quizzed over the Lafayette shooting

James Holmes. He has been found guilty of killing 12 people and wounding 70.

The judge in the Colorado movie massacre trial asked jurors on Monday if they saw reports of last week's deadly shooting at a Louisiana cinema, and whether they could remain impartial as they decide the fate of gunman James Holmes.

After the questioning, Arapahoe County District Court Judge Carlos Samour decided not to dismiss any jurors, saying they only had brief exposure to information about the Louisiana case.

Within days of the third anniversary of that rampage, police in Louisiana said a drifter fatally shot two women and then killed himself at a Lafayette movie theater on Thursday evening.

On Monday, defense lawyers asked Samour to quiz the 12 jurors and seven alternates. Of the 19, 12 said they had seen or heard news coverage from Louisiana.

The jury must decide whether Holmes should be executed or serve life in prison. The panel of nine women and three men found the former neuroscience graduate student guilty of all 165 charges of first-degree murder, attempted murder and explosives charges related to his rampage. **REUTERS**

Last week, the jury found the prosecution had proved "aggravating factors" which, the state argued, made James Holmes' crimes especially heinous and deserving of execution. / GETTY IMAGES

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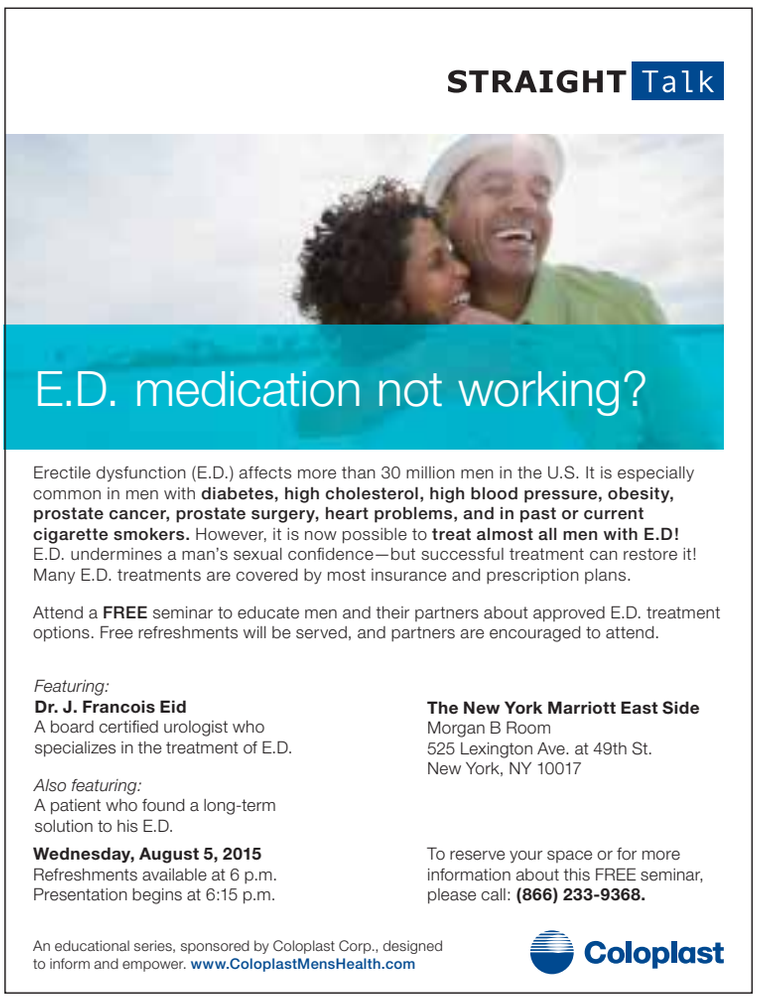
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2 CULTURE

Twitter feed

Today, Oprah Winfrey is mourning, Ricky Gervais has good advice, Mark Duplass is confessing, Kylie Minogue is tickled and Seth MacFarlane is bummed.

@Oprah: Peace at Last! #BobbiKristina

@rickygervais: When someone tweets you something unpleasant just look at their bio & their previous tweets & I guarantee you'll feel better.

@MarkDuplass: Junior year of high school I took my date to a George Winston concert.

@kylieminogue: Oh, life's little pleasures. What is yours?

@SethMacFarlane: Aw man, my old Discman finally broke. Time to go rack up 25,000 Skee-Ball tickets again.

1 Ben Affleck 'in a dark place'

ALL PHOTOS GETTY IMAGES

So how is Ben Affleck handling things following the announcement of his impending divorce from Jennifer Garner? Not very well, apparently. Luckily his best buddies, Matt Damon and agent Patrick Whitesell, are there to help. "Ben's taking all the blame for the end of his marriage. He didn't want her to leave, but he gave her no choice," a source tells Radar Online. "He's really in bad shape, and Matt and Pat are urging him to get past this as quickly as possible and stay focused on the work ahead of him. They have formed a tight circle of protection around Ben and are determined to keep him from a full-on breakdown." Sounds intense, bros. "He's naturally a workaholic anyway," the source adds, "but he's in a dark place now, and only time and his friends can help pull him through."

2 Coco and Ice T are expecting

Ice T and wife Coco Austin have some big news ahead of next week's premiere of their new daytime talk show, "Ice and Coco." Austin is pregnant with their first child, she confirmed on Twitter after making the reveal during a taping for the show. "I'm pregnant! Yah! Ice & I are so excited," she tweeted. Ice T has two children and a 20-year-old grandson, but this will be the first child for the couple, who have been married 14 years.

3 Kanye does literal mic drop

Ten minutes into performing at Toronto's Pan Am games, Kanye West was over it. The rapper was apparently experiencing technical difficulties and didn't feel he could perform the rest of his multisong medley. But this being Kanye, he didn't just apologize to fans and walk off. He threw the mic in the air and left the stage with no explanation. According to Billboard, he planned on closing with "Gold Digger" but peaced out early, leaving the 40,000 people in the crowd to wonder if he was coming back. He didn't. Being Canadians and all, the fans didn't freak out. Most were happy with the shortened performance they got. Then again, this country is responsible for Justin Bieber. They're used to way worse behavior.

EMILY LAURENCE

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
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4 There is a 'Jurassic World' gay porn parody, and it is wonderful

How could you possibly improve on "Jurassic World," the summer's biggest movie? How about with a cheaply made Thai gay porn adaptation titled, simply, "Jurassic Porn" and featuring guys in what I guess are supposed to be dinosaur suits? If the amazing (and totally SFW) trailer is any indication, it will be a bizarre, cross-cutting mix of "Scooby Doo"-like comic antics and tender all-male three-ways. As they say, "The hunting will be happening." Oh, and, "The exciting between human and dinosaur" does sound pretty, um, exciting. Wonder what Chris Pratt would think.

GTHAI FILM, YOUTUBE

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The perils of parenting

Those mischievous imps at Cyanide and Happiness are at it again with a new, super-short and super-funny animated comic to brighten your day. This one, "Cooking," takes on the age-old kid tradition of macaroni art and gives it a new spin — and a shocking twist. So ... enjoy?

Fashion's latest obsession: orthodontia. And we kind of love it.

Brace yourself

Kitty Hayes shows off her blue bands on the cover of CR Fashion Book. / ANTHONY MAULE, CR FASHION BOOK

A few weeks ago, Hood by Air — the New York-based label that has taken the fashion world by storm — took its gender-bending streetwear to Paris for the men's Spring 2016 collection. Designer Shayne Oliver showcased all his signatures: the logo-emblazoned sweatshirts, the pleated hobble skirts, the fetish pants — as well as another, more recent HBA-runway fixture: hardcore orthodontia.

This wasn't the first time braces have broken into high fashion lately. Opening Ceremony featured metal-mouthed model Charlie James in its Fall 2015 presentation. He managed to steal the spotlight from such high-profile guests as Spike Jonze and Chloe Sevigny, too. HBA had dental hardware in its previous runway show in New York. And former French Vogue editor — and arbiter of all things chic — Carine Roitfeld put a giddy, braces-wearing teen on the cover of her glossy CR Fashion Book in February.

So, are braces — the source of so much adolescent awkwardness and humiliation — suddenly … cool?

"I don't know if it's something where you're going to be seeing people running out and getting braces or fake braces as a fashion statement," says Megan McIntyre, beauty director at lifestyle site Refinery29. "But it is part of this trend away from the flawless, airbrushed beauty of a few years ago to something more approachable by embracing things that were once awkward and uncool."

Take glasses, which used to prompt taunts like "four eyes," or freckles, which women used to hide by slathering their faces in foundation. Now, Taylor Swift sports giant Elvis Costello specs and H&M's more posh sister & Other Stories and Topshop sell "freckle pencils" so the unblemished can fake their own spots.

And while plenty of brands, like Balmain, go after the burnished glamour of Kim Kardashian or Kendall Jenner, it says something that two of the biggest "it" girls of 2015 have been the late Mexican painter (and resplendently unibrowed) Frida Kahlo and octogenarian writer Joan Didion, who starred in French label Celine's Spring 2015 campaign.

"I think it's less about ridiculous trends than about seeing people in pop culture with more natural traits — gap teeth, untreated hair, a model with a skin condition that she doesn't hide," says McIntyre. "Braces serve a medical purpose, but they're something that so many people have and feel ashamed of."

"It does show that the industry's perceptions of beauty are broader than they used to be, even if models do have to still conform to specific standards," says fashion and beauty writer Arabelle Sicardi, citing the persistent dearth of non-whites on the runway. "But every magazine wants to be — has to be — feminist now, and so you'll see more body hair, freckles, glasses, big eyebrows. It is a sign of progress."

And there's something refreshing about letting models — who are, after all, teenagers — just be themselves. "I think it's about making braces your own, making it part of your look," adds Sicardi. "I love when agents cast models with braces. It gives this message that they're OK. It's a cute risk to take."

RAQUEL LANERI
@RaquelLaneri
raquel.laneri@metro.us

Model Charlie James preps for Opening Ceremony's spring show. / GETTY IMAGES

Time warp

Another reason braces are appealing to so many designers: nostalgia (think of all the '90s raver gear and '70s boho rocker styles dominating the fashion landscape). And, really, what's more flashback-inducing than a mouth full of metal?

"It's kind of funny in a way — we consider braces cute and quaint, and they're kind of kitschy and remind us of childhood," says Sicardi. "Though they're something that we did not enjoy wearing at the time."

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Grim subject, really fun set

"The Stanford Prison Experiment," with Michael Angarano in the foreground and Ezra Miller to his immediate right, re-creates the infamous study in which young men simulated a prison experience, with chilling results. / IFC FILMS

Interview. "The Stanford Prison Experiment" tells a dark story. Ezra Miller and Michael Angarano still had a blast making it.

The notorious 1971 Stanford prison experiment — which involved 24 young men re-creating prison life — quickly devolved into psychological torture. But the new movie made about it was like summer camp. Ezra Miller (recently cast in the new Flash movie), who plays the most sensitive fake inmate, and Michael Angarano (now on "The Knick"), who plays the most sadistic fake guard, actually and heartily laugh at the idea that re-creating a simulation left them haunted.

So you weren't haunted?

Michael Angarano: No, not even close. Actually the complete opposite of being traumatized.

Ezra Miller: Strangely enough, making this movie was, I would say, incontestably a really fun, wonderful experience.

How did director Kyle Patrick Alvarez wrangle you all to get the shooting done?

EM: With amazing grace and aplomb. And patience. There were maybe a couple times when it was like, "Guys, we have to focus, please." But I think he was really pleased that we were getting along and that we weren't re-creating the re-creation of the Stanford prison experiment. We weren't engaging in that horrible act of metaphysical self-incarceration. We were, in fact, all having fun.

MA: There were moments when we were doing those lineups. Those would always stray from the script because a guy would actually forget his number, and we would have to start over.

EM: And Michael would then attack them.

MA: That was really interesting. I was trying to go by the script, then someone would really mess up when they weren't supposed to. And it would be like, "OK, you've got to start over." It was moments like those when they were in the palm of my hand, and they had to obey me. I would have to exert the actual character's power.

EM: That's as far as the dangerous symbiosis of art and life went. There were times that came close. It would be time to do the lineups, and the prisoners would be hanging out in their cells, and the guards were out in the hallways. They would hear it was time to shoot, and they would come around with their billy clubs and be like, "Guys, it's time." And I would say, "No, no, no, no. I'll do the shot when [the assistant director] says to do the shot." Especially as someone who was playing a prisoner, I was desperately invested in us not re-creating the Stanford prison experiment.

Michael, the guy you're playing has claimed he was just play-acting — that he felt he was doing good by helping ramp up what happened.

MA: He was having fun. That takes a special skill. He was able to detach himself from himself and his own emotions. Which is kind of like a sociopath.

EM: It also sounds like an actor — uncomfortable enough as that statement is. [Laughs] "And who engages in that kind of behavior? Actors. Beware."

MA: But you never really thought of him as a bad person. He was somebody who made a kind of artistic choice. He did want to be an actor. I haven't met that person in real life, but I would think he would actually be very intelligent. He never thought he was doing something bad. He just wanted to instigate the experiment because he was getting paid.

EZRA MILLER AND MICHAEL ANGARANO
GETTY IMAGES

One more thing

The dark side

The findings of the experiment have been cited in things like Abu Ghraib. But it also applies to social media. Jon Ronson, in his book "So You've Been Publicly Shamed," devotes most of a chapter to it, pointing out that the Internet unlocks sociopathic parts of us.

EM: Social media provides not only the nightstick but also the glasses, creating this superficial shade of anonymity. It creates a mask to cover our identity. From behind that, people are much more readily willing to expose their relationship to power structures. This experiment is critical on every level when you think about social media, because a lot of what you see played out there that is so intense and horrifying is stuff that results from the power dynamics we've created in our culture — a lot of hetero-patriarchy, homophobia, transphobia, racism, sizeism. People with that mask are ready to step in and take advantage of their part of the power structure. It's just guard and prisoner. When we place superiority on one group of people, we're creating a power structure that people are going to act on, people are going to take advantage of. It's a call to each of us to step up and really think about how we can restructure society because obviously we have to, or we're all going to f—ing die.

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Ryn Weaver is flying solo

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Interview. The singer is taking a break from the festival circuit.

Ryn Weaver is spending the summer the way she's always dreamed: touring the country to play music from her debut album, "The Fool." After dropping out of NYU in 2013, Weaver moved back to California where she connected with Benny Blanco, a producer who has worked with such pop luminaries as Katy Perry, Ke$ha and Maroon 5. After the success of the resulting album, she hit the festival circuit, with stops at Coachella, SXSW and Bonnaroo. This summer, she's loving connecting with fans on her first solo tour.

All for the fans

"It's been really freaking wild," Weaver says. "The first show I played was this sold-out show in a town where I have a lot of family and friends, and L.A. was sold-out too. I think when you're playing at festivals, it's really fun, but it's a lot about winning new fans and having people listen to your music because they wandered over."

Weaver is in the middle of a tour spanning the U.S. and Canada, and she says the connection she makes with fans at solo shows has been very meaningful. "Every person at these shows is there because they care about my lyrics and what I'm saying, and they know all the words, and they relate. It's a very comforting experience."

Taking her time

Weaver, who was involved in theater growing up, might have been inspired by her experiences there — she created her album to be listened to all in one sitting, like a play. "I believe in concept albums," she says. "There's something beautiful to be said about pop stars and the breadth of catchy music that sometimes doesn't even go together but is such a good time anyway. As much as I love that and respect people who can achieve that, I'm naturally a bit more of a storyteller."

That can mean spending more time with what she's working on. "A lot of my favorite artists took their time to make different records. They would fall off the map a bit and come back. A lot of the music I was listening to felt like it was coming from a very specific world."

Music video magic

Weaver has put out two videos: one for her hit "OctaHate" and one for her album's namesake, "The Fool." Both are aesthetic and evocative, featuring unusual, vivid settings (an old house, a gorgeous field) that immerse the viewer in her world. "I always have ideas [for videos] in my head as I write songs. I see the theater of it."

Weaver found inspiration close by. "In 'OctaHate,' that's my best friend Hayley, and we came together as friends because of the person the song was written about. To me, it represented way more than us having a food fight at the table. It was about overcoming the journey of the mourning process. There's a final hug at the end. It's about how you wrestle with grief and mourning."

CAROLINE MACNEILLE
@metronewyork
letters@metro.us

Starring roles

A different kind of performing

Although Weaver is achieving serious success as a musician, she once attended NYU as an acting student. "Every single form of art is beneficial to another one. In acting, you get to study characters, and you get to understand. It's an empathetic art form. It's almost anthropological. I love it."

Ultimately, she moved back to California to pursue music, finding that the West Coast suits her a little better. "I love the East Coast, but a number of the [acting] methods break people down to bring them back up. I kind of believe in nurturing the natural side of you that has those qualities. Sometimes I think technique can crush creativity a bit."

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Aries Sign up to take part in stimulating educational or intellectual discussions. Any enhancement to your skills will serve you well in the future.

Taurus Be wary of tempting financial deals. Unless you know all the details and facts, you are likely to face a financial downturn. Invest in yourself.

Gemini Adjustments to your personal life should be put into play if you are feeling abused or unappreciated. Don't stay in a situation out of habit.

Cancer You will know in your gut if an upcoming opportunity to make a change is right for you. Guard against disappointment by getting a contract.

Leo You will make a good impression on someone and will experience growth and change. A new project will become a lucrative endeavor.

Virgo You will be uncertain regarding your next move. Take time to make an informed decision and don't give in to overbearing individuals.

Libra Personal difficulties will be resolved if you open up. Someone who has gone through a similar circumstance will offer sound advice.

Scorpio Financial risks should be avoided. It is necessary to set the record straight for a meddling family member who wants to become involved.

Sagittarius Someone who has caused you pain will try to make amends. It's up to you to decide if this person deserves a second chance.

Capricorn Don't fall for insincere flattery. Read between the lines. Not everyone who praises you is being honest. Don't allow yourself to be used.

Aquarius Your honest nature will cause someone to seek your advice. Be careful that your empathy doesn't cause you to take on someone else's problems.

Pisces Your hard work will be rewarded. Do what you can to the best of your ability, and ignore those who try to make you feel unworthy. **EUGENIA LAST**

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Across

1 Gift-tag word
5 Summarize
10 Goat cheese
14 Rocker Jon Bon —
15 In the least (2 wds.)
16 Unwelcome obligation
17 Comet, to an ancient
18 Pantyhose hue
19 Gam or Rudner
20 Old movies, maybe
22 Got one's act together (2 wds.)
24 Eccentric
25 Fluffs, as hair
26 Cartoon shrieks
28 Rides the rapids
32 Certain autumn colors
35 Auricle
37 Major oil exporter
38 Guitar, slangily
39 In leaf
41 Bleachers shout
42 Returns
45 Snowmobile part
46 Extremely
47 Wander
48 Sicilian spouter
50 Barked
54 Plains roamers
58 Made twice as clean
61 Run a baseball team
62 Declare frankly
63 Pond growth
65 First name in jazz
66 Vaccines
67 Archaeology find
68 Proofer's word
69 Zebras, to lions
70 Stock or bond
71 Rookie

Down

1 Viking's bay
2 Bard's teen
3 Conspicuous
4 Jiffies
5 Ship deserters
6 Plato's H
7 Grounds
8 — Centauri
9 Urgent requests
10 Knew beforehand
11 Oklahoma town
12 Dance wear
13 Pronto
21 PBS "Science Guy"
23 Where Cuzco is
25 Autocrat
27 Barrels
29 Writer Kellerman
30 Level
31 Overnight visit
32 Flashlight output
33 Toll-booth site
34 Wapiti
36 Matter, in law
37 Clingy fabric
40 Just scraped by
43 Payment plan
44 Does Easter eggs
46 Least humble
49 Shaq's org.
51 Tibet's capital
52 Hides
53 Beats by a hair
55 Like pretzels
56 Certain wolf
57 Cool!
58 Grate upon
59 Even once
60 Sported
61 Assemble
64 Dart-thrower's quaff

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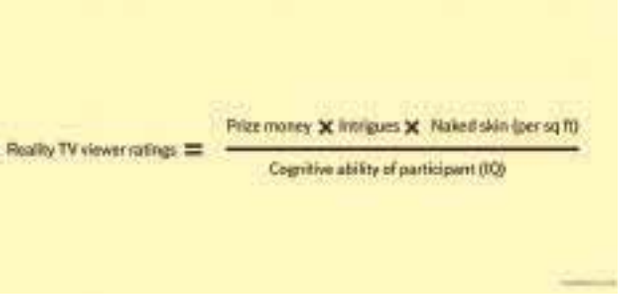

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easy

9					3			
		6	5	2				
3	8		7				1	
2			3			1		4
	3		4		5		6	
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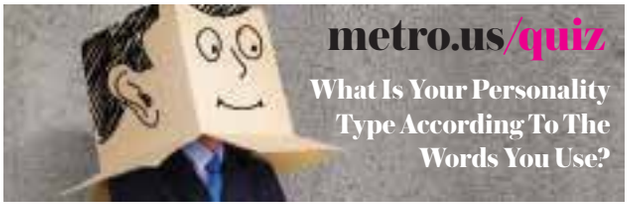
	9				1		7	3
				4	2	5		
			6					9

hard

5	9							6
	3			4		9	5	
2		6			9			
1	5		2					
	2		4		3		7	
					5		2	1
			8			1		3
	1	4		3			8	
3							9	5



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What Is Your Personality Type According To The Words You Use?

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Sugar is making you unhappy

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MAKE HEALTHY YOUR NEW HAPPY

Damon Gameau finds the sickly sweet truth of "healthy" foods in "That Sugar Film."

EVA KIS
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What if sugar were keeping you from living your best life?

We're not just talking about kids bouncing off the wall from Pixy Stix, though that's certainly a relevant example. It's about the sugar that's being routinely added to foods we think of as healthy. Over 80 percent of the products on supermarket shelves contain added sugars. Could it all have a role to play not just in our deteriorating physical wellbeing but also our mental health?

The research into the extent of sugar's role in everything from metabolic syndrome and fatty liver disease is ongoing, but filmmaker Damon Gameau went looking for his own answers by giving himself the Morgan Spurlock treatment in the new documentary "That Sugar Film."

He didn't live on ice cream and soft drinks for two months — he ate what's labeled as "healthy" on supermarket shelves: yogurt, canned vegetable soup, juice, dried fruit, cereal and other foods considered good for you but which contain hidden sugars.

Rapid decline

The physical results were shocking: Gameau put on almost 7 pounds in 12 days and developed fatty liver disease, which can lead to liver failure, by day 18. By the end of the experiment, Gameau had gained nearly 19 pounds, had warning signs of Type 2 diabetes and gained 4 inches around his waist.

Results like Gameau's have been coming in from scientific studies for years, prompting a (coincidental) "endorsement" of "That Sugar Film" last Friday by the FDA, which proposed separating added sugars on the redesigned nutrition label.

While Gameau's physical results were alarming, he also noticed effects that are less studied but gaining attention among researchers. He didn't just feel calmer before sugar but also balanced and present.

"I knew what kind of person I was when I wasn't eating that kind of food — when I was eating real, whole food, fresh fruit and vegetables," he recalls.

"I just looked forward to getting back to that person because he was a much better person, much calmer."

Panic mode

Gameau's nutritionist drew a fascinating graph to show the spike in blood sugar being countered by the release of insulin then plummeting without the fiber and healthy fats to keep it steady, which prompts the brain to panic, thinking that it's running out of glucose. Adrenaline is released until you give it what it wants, and the cycle just keeps repeating.

"Once I started having these sugary foods, I was fine once I had the sugar for about 40 minutes, and then I really started feeling the effects. My concentration would disappear," Gameau recalls.

The experiment even began straining his marriage. "My wife would often comment, 'Where have you gone — you're gone again!' I'd disappear from whatever conversation we were having until I had some sugar again," he says.

Though he exercised three times a week before starting his sugary diet, Gameau also lost all his motivation to move, saying he "felt like lying down all the time." Science is beginning to catch up to the fact that we can't just burn off anything we eat, as various calories react differently within the body.

"There are millions of people out there that can relate to [my experience], who might be living a life they're not aware of fueled by this kind of food," he says.

"Whereas if they started to change some of their eating patterns, they begin to see some fundamental changes to how they see the world."

Budget-conscious

If the cost of eating healthier is putting you off, Gameau says the experiment actually made him realize that it would be more expensive to keep eating his sugary diet.

When he switched from eating healthy fats — whose image is now being rehabbed one study at a time — he noticed that he was eating more, and more frequently.

"What [healthy fats] do is provide high satiety. If you have some eggs and avocados for breakfast, chances are you won't want to eat for a couple of hours because they're slow-releasing energy. The fat creates the feeling of being full," he explains. "Whereas if you're constantly having a very refined carbohydrate like cereal and a glass of juice without the fiber from the skin of the apple, you're gonna be hungry an hour later, and that is certainly what I experienced throughout the experiment: I was never full, so I would actually have to eat every hour, hour and a half.

"So if you buy the right foods, then they will last you throughout the day and be a much more productive fuel source," he says.

"That Sugar Film" is out in select theaters and on demand July 31.

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Briefs

Gluten is back on the menu for celiacs

Bread for everyone! ISTOCK

Gluten-free will never taste as good as the regular stuff. But if you are among the more than two million people in the U.S. alone with celiac disease or have some form of gluten intolerance, any safe alternative to your favorite foods was worth the sacrifice in taste and texture.

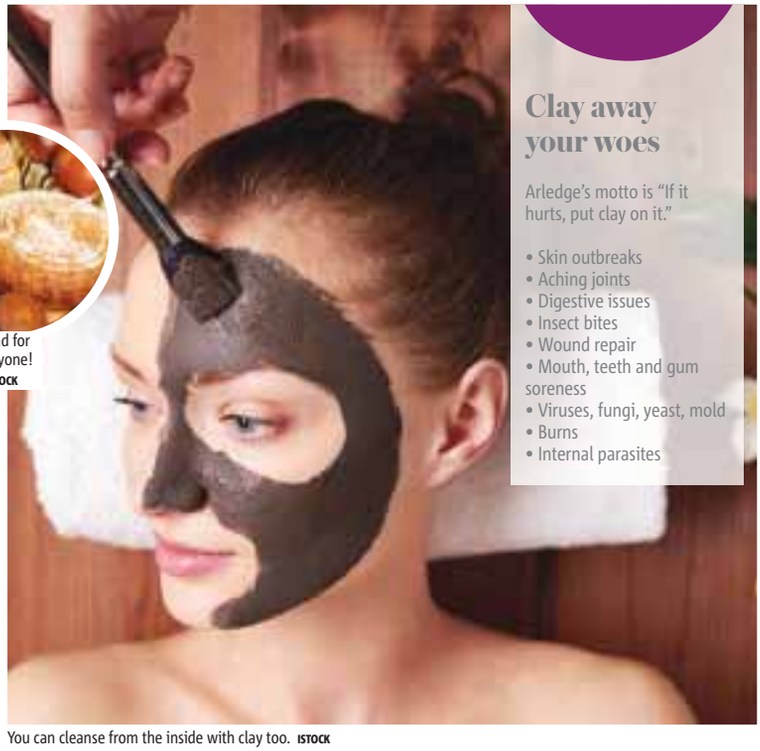
Well, get ready to eat without consequences again.

Scientists at the University of Alberta have engineered a pill using the yolks of chicken eggs that protects the small intestine from being damaged by the protein gliadin, the problematic part of gluten for celiacs.

"This supplement binds with gluten in the stomach and helps to neutralize it, therefore providing defense to the small intestine," explains Dr. Hoon Sunwoo, who began his research after learning that a friend and his family suffer from celiac disease.

Symptoms of gluten intolerance include anemia, headaches, bloating and fatigue, but serious complications can occur if nutritional deficiencies develop. And because gluten, most commonly found in wheat, rye and barley, is also frequently used to add texture to other foods, it's not always obvious what celiacs should avoid.

The pill is being tested in Canada and could be available there within three years, after which it will be submitted to other regulatory agencies. EVA KIS



You can cleanse from the inside with clay too. ISTOCK

Clay away your woes

Arledge's motto is "If it hurts, put clay on it."

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- Internal parasites

Is clay as good for your insides as your skin?

We test out the clay cleanse.

ELODIE NOEL
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A spoonful of clay a day keeps the impurities away, or at least that's what advocates of the trendy clay cleanse claim.

The treatment is nothing new though, with volcanic ash having been used in healing practices for centuries.

Perry Arledge, author of "Living Clay, Nature's Own Miracle Cure," explains that clay "is like a Pac-Man gobbling up all the waste — basically cleaning house from the mouth south."

The logic is that it works inside your body the same way it does on the outside: Clay is a common ingredient in face masks and spa body wraps. It's thought to sweep away newly absorbed toxins, neutralize acidity, soothe inflammation and cleanse the colon to boost the absorption of vitamins and nutrients.

For all those good properties, eating clay can come with some downsides. "The Herxheimer reaction is a short-term detoxification reaction in the body. It is caused by the release of toxic chemicals from the cell walls of dying bacteria due to effective treatment," Arledge warns.

There's also a risk of iron deficiency, so clay cleanses aren't meant to be done long-term, and you have to make sure to keep hydrated while on the cleanse.

As the body detoxifies, it is not uncommon to experience flu-like symptoms, including headaches, general malaise, sweating, chills or nausea. Constipation is another common symptom for about 20 percent of people.

It may also change your bowel movements in an unusual way, making your body's waste products smell metallic.

The other downer of the product is that it could, ironically, be detrimental to your health, with the U.K.'s Food Standards Agency issuing a warning about clay after high levels of lead and arsenic were discovered in some products. So make sure to read those labels.

We tried it

To see if this detox is worth the hype, I tried a weeklong cure of Cattier Superfine Green Clay. It is montmorillonite clay, a type that is usually used internally, like kaolin and bentonite. One important note: Skip the cleanse if you're on any medication.

The recipe is easy: Stir one tablespoon of clay into a glass of water, using a wooden spoon — it is thought that clay loses its properties through contact with metal. Let the mixture sit overnight in the fridge. In the morning, drink the water but not the clay deposit.

When I first tried it, I tasted its earthiness, but nothing overwhelming. That said, after a week, the morning clay shot became increasingly difficult to swallow.

While I didn't notice a strong detoxifying effect, there was one big benefit. I had a bad stomach ache one night, and the next morning I skipped breakfast but took my daily dose of clay. After that, the pain was gone.

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There are five main emotions — but do you know what they're trying to tell you? DISNEY PIXAR

Meet your emotional co-pilots

As a therapist, I often feel like a tour guide for my patients. Using various "maps" and my knowledge from years of traversing the emotional terrain, I help them navigate the territory of the mind and make sense of what they discover. Pixar's "Inside Out" took that journey one step further, introducing the indigenous people of these lands: the animated, personified emotions Joy, Sadness, Anger, Disgust and Fear.

If you haven't seen this cinematic gem, it's about what happens inside the mind of a happy little girl named Riley who loses her joy — literally — when her family moves across the country. Of the five characters, which represent the five basic emotions, Joy is dominant. But the move causes chaos that strands Joy and Sadness in the recesses of Riley's mind, leaving Anger, Disgust and Fear in charge.

Aside from the film's usual entertainment value (it has all the intelligence and humor that make a Pixar movie appealing to adults, too), I found it to be a much welcome frame of reference for visualizing how the seemingly mercurial world of emotions works and, particularly, how unexpressed grief can lead to depression.

Once Upon a Couch

KIM SCHNEIDERMAN, MSW, LCSW

STEPOUTOFYOURSTORY.COM

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us.

For example, after recommending the film to a client getting divorced, she shared that it seemed as though Sadness had taken over her mind's control panel and would never leave. However, I pointed out that Sadness was a natural response to loss; it was Fear that was making up the story that her grief would last forever.

Which leads me to the second important point the film makes: None of the emotions are cast as villains. In truth, all of our emotions serve a critical function in keeping us balanced and, well, alive: Fear and disgust protect us, anger expresses our needs and boundaries, joy ensures flourishing, and sadness allows us to come to terms with life's inevitable losses.

Sometimes, certain go-to emotions can hog the controls when we're stressed. Perhaps we are easily angered, thrown into fear mode or looking for joy in drinking or drugs to avoid feeling less pleasant emotions. Taking a cue from "Inside Out," we might try to visualize which emotion is at the controls. From there, we can examine what they're doing there — "Fear, are you trying to protect me again?" — and even talk back to them: "Hey, Fear, not to worry. I got this."

Sumayah Jamal, M.D.- PhD.
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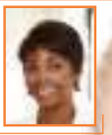

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Jets' Coples doesn't mind being without a position

NFL. The Jets' 2012 first-round draft pick is just now entering his prime.

Quinton Coples is capable of playing multiple positions. / GETTY IMAGES

Quinton Coples has had a long journey over the past three years with the New York Jets. The former first-round pick has bounced around from being a defensive end to a nose tackle and playing outside linebacker. Now with a new head coach, 2015 appears to be no different for Coples.

He will continue to bounce around and frankly, he said he will love every minute of it. No true position? No worries, he says — "just get me on the field."

Coples does not have a defined role with this Jets team, which will instead use him in different assignments as the situation dictates. This means more of the same for Coples, who will line up along the defensive line when need be and play outside linebacker as well. It is a challenge he relishes, versatility he says makes him important and valuable on this defense. As the NFL gets more specialized with the rise of designated pass rushers and third-down backs, Coples' broad skill set is rare.

When he came out of college, then-head coach Rex Ryan raved about Coples, who has long arms and a good burst. He saw the former North Carolina defensive lineman as a possible outside linebacker but ended up using Coples primarily with his hands in the dirt. Ryan had worked out Coples during his Pro Day and fell in love with him during the workout.

To date, Coples hasn't quite produced to the level that most fans would expect of a first-round pick. But his value to the defense is in an athletic ability that allows him to play anywhere with little to no drop-off.

"This defense is the same, it's just different terminology. It puts me in different situations to be successful," Coples told Metro last month during minicamp. "I'm the guy who can cover, who can rush the quarterback, who has to set the edge, who sometimes has to get into the 3-technique with his hand in the dirt. It varies. Whatever the defense calls, I can do it and I want to do it.

This year, with Todd Bowles on the sidelines, Coples loses the head coach who drafted him, the man who drooled during his workout before the draft. But already, it has become apparent that Bowles values Coples' versatility.

KRISTIAN DYER
@KristianRDyer
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Capable Coples

A look at the Jets' fourth-year linebacker:

- Coples had his best season, statistically, in 2014, registering 25 tackles and 6.5 sacks.
- He has been durable, playing in 16, 14 and 16 games in each respective season.

NFL

Finding value in NFL over/unders

With NFL training camps opening this week, Metro continues to look at the early over/unders for the 2015 season and where you should put your money.

Bills (8.5 - over)
This is a great bet. Rex Ryan doesn't have a care in the world and he's already shown that when he's free to do his thing and he has talent on defense, he can get a team to the playoffs. Like with the Jets, however, the offense remains iffy. LeSean McCoy, Percy Harvin and Charles Clay will help matters, but Buffalo is still on the lookout for Jim Kelly's replacement. Matt Cassel hasn't guided a team to back-to-back wins since the 2011 season and at 33 years old, he is what he is. But McCoy will have a giant chip on his shoulder and that defense will allow Buffalo to win plenty of games that don't make it out of the 20s.

Ravens (9 – under)

Calvin Johnson will look for a bounceback year. / GETTY IMAGES

The Ravens seemingly never go away, but this could very well be the first time since 2007 that they finish with a below .500 record. Haloti Ngata is gone, as is Torrey Smith and Jacoby Jones. Remember, this is a team that nearly missed the playoffs last year due, in large part, to a late December loss to the Texans and a truly horrific game from Joe Flacco.

Lions (8 – over)
People are freaking out over Ndamukong Suh's departure. But there's still plenty of talent on a team that won 11 games last season. The previously mentioned Ngata landed in Detroit and Calvin Johnson will be motivated to regain his throne as the league's best receiver. MATT BURKE

3 SPORTS

Sports talk radio

Francesa vs. the world

Legendary sports talk radio host Mike Francesa ripped into his own parent company, CBS Sports, last week — making fun of their "Sports Radio Minutes" segement. CBS host John Kincade fired back at Francesa this past weekend and on Monday, the WFAN stalwart went right back at CBS as a whole. "Bring it on," Francesa said when prompted by a caller. "Here's what [CBS] should do, they should worry about trying to figure out how to get the network going in the right way. When they have a little success, they can talk. Until then, just be quiet."

Visit **Metro.us** for a complete guide on attending Jets training camp.

Alex Rodriguez is enjoying an unprecedented resurgence. / GETTY IMAGES

THE A-ROD FOR MVP CAMPAIGN NOW UNDERWAY

Alex Rodriguez, 2015 American League MVP.

Let that sit there for a while and marinate.

A-Rod is having that kind of a season. Now, I may be getting ahead of myself, but his impact on the Yankees this year is unquestioned. He is not the best player in the game, that honor goes to Mike Trout, who is 17 years younger. Trout is 23 years old and Rodriguez just turned 40 on Monday. Still, they are having comparable seasons. That is amazing when you think about it. It will also raise the eyebrows of some and many will question if Rodriguez is doing this clean.

But while you have every right to call into question the legitimacy of his 2015 season, I can at least have the opinion that he is doing it on the level.

As Rodriguez has admitted, during the year he was away he "found" Alex Rodriguez again. I think his season has more to do with the health of his hips and the fact that he is not playing the field and is a permanent DH than anything else.

A-Rod is hitting .277 with 23 homers and 58 RBIs with a .914 OPS.

OPINION

MARC MALUSIS

@MARCMALUSIS

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.

Those are MVP-caliber statistics. The Yankees are sitting in first place in the AL East due, in large part, to the performances of Rodriguez and Mark Teixeira. They are two players that Yankees fans had given up on coming into the year. Both have had remarkable seasons up to this point.

A-Rod has performed and has kept his name out of the headlines and has let his bat do all the talking. In a year without Derek Jeter, he has become the face of the Yankees and had a signature moment this past Saturday night when he hit three homers to help the Yankees rally back against the Twins.

Manager Joe Girardi called it maybe the Yankees' best win of the year.

After the game, Rodriguez said, "I'm healthy, I'm happy, I'm appreciating everything the game has to offer."

Girardi added, "He's been a guy that's been productive all year. He's been very impressive."

He certainly has been impressive as he continues to try and change everyone's perception of him as a player and a man. In the year away, he learned that he needed baseball more than baseball needed him. He has been a different player in 2015. He has made giant strides forward and I look forward to watching how this story ends.

We are a forgiving society. Rodriguez has hit like an MVP, and if the Yankees are to make it to the postseason, they will need him to continue to produce. I think he will.

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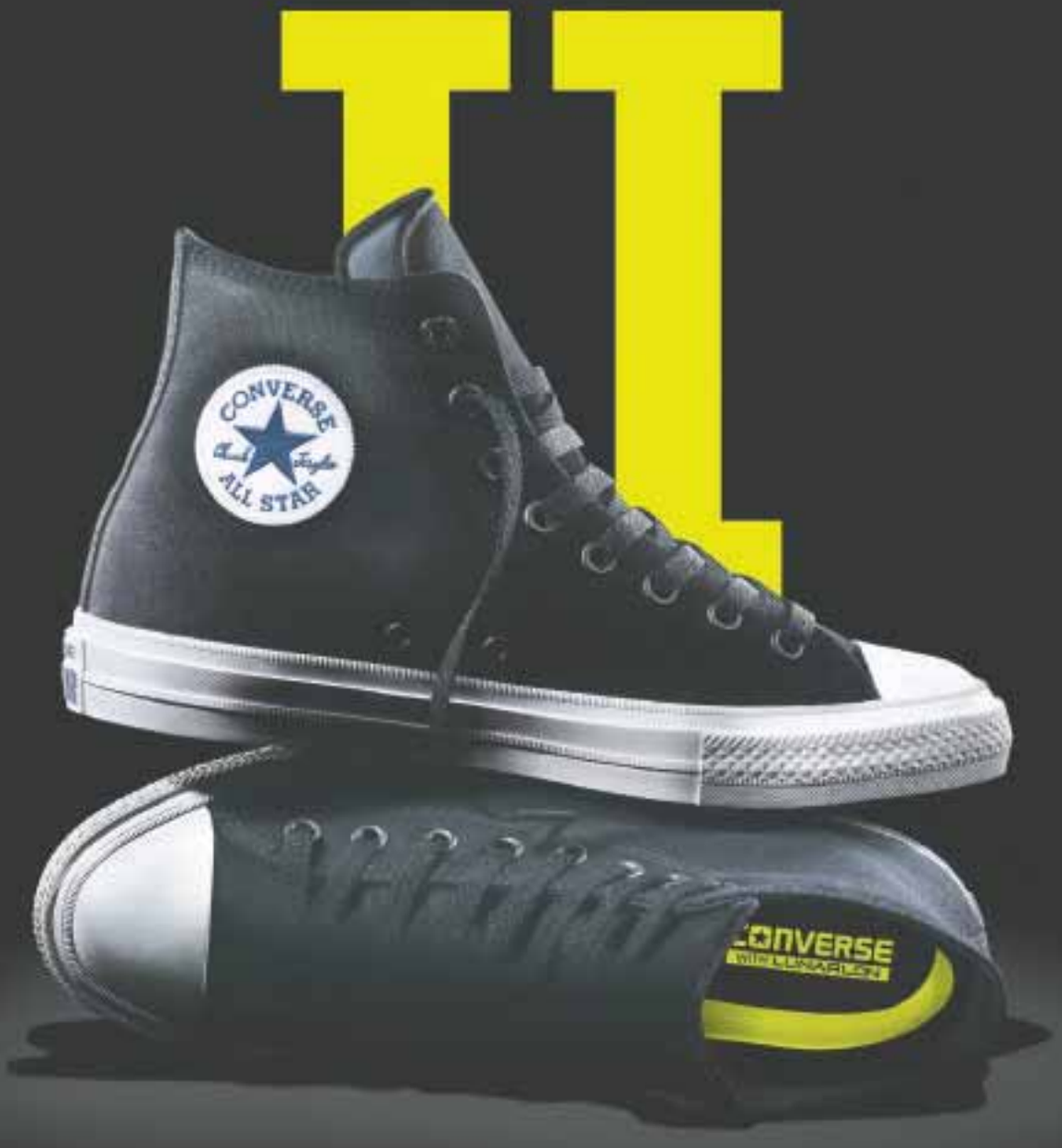

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